



4 - Right Spirit



6 - Swimming

CNFJ civilian clothes policy revision takes effect at CFAS

Brief Notes

Town Hall meetings are scheduled for June 28 at the Main Base Chapel (7 p.m.) and June 30 at the Hario Chapel (7 p.m.). Commander Fleet Activities Sasebo (CFAS) Capt. Tilghman D. Payne and base facility managers (NEX, Housing, etc.) will have short presentations and be available for questions. The focus is on spouses and family members, both on - and off - base.

Second Annual Independence Day Celebration

Command and base organizations are invited to participate in the Second Annual Independence Day Celebration on **Sunday, July 3 from 11 a.m. until 9 p.m.** For further information and registration, e-mail Charlotte Bruton at [<charlotte.brunton@sasebo.navy.mil>](mailto:charlotte.brunton@sasebo.navy.mil) or call her at 252-3108 to secure your spot.

Tobacco Cessation

Classes will be held every Tuesday in July from 2 p.m. until 3:30 p.m. in Training Room B, second floor of Public Works (Bldg. 200). Call the Branch Health Clinic at 252-2550 to sign up.

Intercultural Marriage Seminar

Planning to marry someone from another culture? Attend this seminar July 1 at the Community and Education Center auditorium from 8 a.m. until 4.p.m. Call the Chaplain's Office at 252-3380 to sign up.

University of Phoenix

UoP has the right master's program for you! On-site and online programs are available. During June, book and enrollment fees are waived - a savings of over \$240. Call Mike Bormann at 252-3044 for more information, or contact via e-mail at [<Michael.Bormann@phoenix.edu>](mailto:Michael.Bormann@phoenix.edu).

USO Notes

The USO Fleet Landing office will be closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

**DUI Counter:
20 days as of June 23**

Released by CNFJ Public Affairs with contribution by CFAS Public Affairs

Commander U.S. Naval Forces Japan (CNFJ) recently updated the command's civilian clothing policy to better clarify what is considered appropriate attire for wear on- and off-base in Japan.

The policy applies to all Navy personnel in the CNFJ area of responsibility, military family members, other Armed Forces personnel assigned to or visiting CNFJ installations, retirees, civilian employees and mariners, DoDDS teachers and students, contract employees and guests.

To assist people in making decisions regarding appropriate in inappropriate attire, the new policy includes a slide show presentation with picture examples of acceptable and unacceptable footwear, shirts and blouses, skirts and trousers and athletic and casual wear. The written portion of the instruction also covers areas such as tattoos, earrings, body piercing and hair styles.

"The new instruction doesn't make the policy more restrictive or impose new rules or requirements," explained CNOCM(SW/AW) Mike Driscoll, CNFJ Command Master Chief. "It simply clarifies what is acceptable and what is not. We included new written language and the slide show to help take the guess work out of the civilian clothing regulation."

Please see **NEW POLICY**, Pg. 6



A shining example of Navy pride at CFAS...

BM2 Shaun A. Weltzin, currently assigned to Temporary Personnel Detachment (TPD) Sasebo, polishes the command bell June 20. Weltzin polishes the bell three times per week to keep it in top condition. (Official U.S. Navy Photo by JO1(SW) Ron Inman)

Drop-in care terminated due to staff shortage

Frank A. DeSilva
MWR Marketing

Drop-in care at Main Base and Hario Child Development Centers (CDCs) has been terminated until further notice due to a shortage of caregiving staff according to Laura Knutson, Sasebo Child and Youth Program Administrator.

Knutson said drop-in service has always been offered at Main Base and Hario CDCs as an additional service for families assigned here. The main mission of the CDC program is to provide full time child care for authorized patrons according to DoD and Navy regulations. Drop-in care is only provided as local resources permit.

Other military installations are also experiencing similar staffing shortages. Some, like the Atsugi CDC program, have also temporarily terminated drop-in care.

"Generally speaking, when we're fully staffed, we accept drop-in requests and have been able to accommodate most of

our patrons throughout the year," Knutson said.

"But sometimes, like during the summer months when a lot of parents are leaving Sasebo for new duty stations, we lose some of our certified caregivers. That in turn means it's difficult to give proper care and attention to children enrolled in

children enrolled in the CDCs full time. When fully staffed, the CDCs can accommodate up to 100 hourly drop in care children per month, just about meeting the requirements of Sasebo families.

"Ideally we'd like to be able to continue offering drop-in care service on a regular basis, but without sufficient staff we just can't do it. We would like to see more people apply for caregiver positions at both locations. We have quite a few opening right now," Knutson said.

Anyone over the age of 18, with a U.S. recognized high school diploma, able to lift 40 lbs. and having a valid Social Security number is eligible to apply for a caregiver position. Starting pay is \$8.64 per hour. There are both Civil Service (GS) and non - appropriated fund (NF) positions available.

The pay is the same for both pay grades. No experience is necessary.

Caregivers can advance to the high end

our CDCs full time. Without a full staff of qualified caregivers, we simply cannot continue to offer drop-in care service," she said.

On average there are approximately 100

Please see **CDC**, Pg. 6

"Ideally we'd like to be able to continue offering drop-in care service on a regular basis, but without sufficient staff we just can't do it. We would like to see more people apply for caregiver positions at both locations (Main Base and Hario). We have quite a few openings right now."

- Laura Knutson
Sasebo Child and Youth Program Administrator

TSP - Navy leads the way to saving for the future

FLTCM(AW/SW)

Jon R. Thompson

U.S. Atlantic Fleet Master Chief

If you had asked me a week ago what Navy enlisted pay grade invested the most in their future, I would have guessed the Chiefs. Much to my surprise, I would have been wrong. By percentage, our E1 to E3 population leads the way by a long shot and that tells me our young Sailors today realize investing in their future is a priority to them. It also indicates most of our young Sailors are hearing the Thrift Savings Plan (TSP) message loud and clear at recruit training, in “A” school and at their initial commands.

Currently, more than 53 percent (44,500 of 87,900 Sailors) of our E3 and below population are enrolled in TSP. This population exceeds any other enlisted pay grade by at least 15 percent. What’s even more impressive is how high the Navy percentage is when compared to other services. Forty-one percent of all enlisted Sailors participate in TSP. That’s more than 124,000 of us. The service

following the closest behind is the Marine Corps with 29 percent. The Air Force weighs in at 21 percent and the Army has only 14%. Clearly, Sailors understand investing in their future is smart and in their (and their families’) best interest.

The enrollment numbers are impressive and I’m happy to see they keep going up. When you invest in TSP, you invest in your future. As I watch TSP enrollment grow, I know for a fact you are making sound financial decisions. No Sailor should depart the Navy without a nest egg, whether you serve four years or for a career. Unfortunately, I’m not convinced everyone understands the power of investing and how, over time, your money can truly work for you.

Think about this: If you enrolled in TSP when you entered the Navy and invested only \$100 per month, in 20 years, earning a modest six percent interest, you would have \$46,204 in your account. The amount of money you would have contributed would only be \$24,000, meaning you could have almost doubled your money. If you invested \$200 per month, you would have accumulated \$92,408, having only invested \$48,000 of your own. As an added bonus, TSP investments use pre-tax dollars, meaning your contribution is made before your income is taxed, meaning you pay less income tax today. You will only pay interest on your TSP dollars when you withdraw them once retirement eligible.

I’m delighted to see so many of you start investing immediately because as you grow older and become more senior, you will most likely incur more financial obligations. My thought is that if you can start tucking away money early on, you sort of never really come to need that money to make it month to month. It’s the, ‘out of sight, out of mind’ philosophy. If you initially invest \$100 per month, and increase that amount every time you advance, you could really achieve some impressive financial goals. Nonetheless, I’d also like to offer that it’s never too

late to start investing. My message about TSP is for all Sailors, not just junior Sailors. In my career, I’ve met far too



FLTCM (AW/SW)

Jon R. Thompson

U.S. Atlantic Fleet Master Chief

many Chiefs who retired without any financial security.

Currently, the maximum base pay percentage you are allowed to invest in TSP is 10 percent. The minimum amount is one percent. In addition to that investment, TSP allows you to invest special pays as well. For those of you who truly want to maximize participation, if you start investing when you enter the Navy, and maximize your contribution throughout your 20-year career, there is a possibility you could retire a millionaire. Of course, interest rates will most likely be the determining factor in that, but nothing like shooting for the stars, right?

If you’re an E3 over two years, one percent of your base pay is only \$15.47. Ten percent is \$154. If you’re an E5 over four years, one percent of your base pay is only \$20.20. Ten percent is \$202. If you’re an E7 over 10, one percent of your base pay is only \$29.92. Ten percent is \$299. No matter what you can afford to invest, something is definitely better than

nothing. I’m quite confident most of us can find a way to live with at least a minimum investment.

On July 1, participating in TSP will be easier than ever before. In the past, you were only allowed to enroll in TSP during ‘open seasons’ that occurred twice a year. You were also only allowed to increase your contribution during these periods. As of July 1, there will be no more open seasons. You will be allowed to enroll or increase contributions all throughout the year. For some of you, this change removes your last excuse for not investing!

For those of you who are concerned that investing in a retirement account might mean you may not have access to those funds in an emergency, TSP has that covered. In the event you need to access your money, you may remove funds in the form of a low-interest loan (usually around four percent). No matter what your emergency is, not many financial institutions would offer you a loan at that low interest rate. The one catch with TSP is you may not borrow more than you have in your account. There’s no credit with TSP. Nonetheless, TSP is extremely user friendly and your money accessible should a real need arise.

If you have thought about enrolling in TSP, but have yet to do so, let me make a recommendation: enroll today. What do you have to lose? I’m pretty certain every one of us dreams of financial independence. Unfortunately, if you look at the national statistics, few achieve true financial freedom. One thing, however, is very obvious. If you don’t start investing in your future today, you are losing out on a superb opportunity. TSP is, by far, the best financial opportunity we have ever offered our Sailors. I can’t think of a single reason why you wouldn’t want to participate. Do yourself a favor, go to disbursing and enroll right now. For more information on TSP, visit the website at <http://www.tsp.gov>.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

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Drugs can ruin Navy careers, destroy job potential

JO1 Brianna K. Dandridge

U.S. Seventh Fleet Public Affairs

The good news is that the number of Sailors testing positive for drug use has declined in recent years. The bad news is that there is still an element that believes they can have both a naval career and use drugs at the same time.

“And so what if I get caught,” some may be thinking. “I’ll just get out of the Navy and find a better job, or go back to school with my G.I. Bill or take advantage of my Veteran’s Administration (VA) benefits.”

Think again.

According to Legalman First Class Karetta Miller, from the U.S. Seventh Fleet Judge Advocate’s Office, getting caught can lead to unpleasant consequences. And these consequences can have a long-lasting effect.

“If the service member is discharged

via administrative procedures due to drugs, it is noted on the DD-214, which is presented when seeking outside employment. If the service member is discharged via court-martial, it is considered a conviction and will be noted

“Everyone joins (the Navy) on a voluntary basis, and we all join with goals. The time and effort a person invested in the Navy will be a total waste of time for both the Sailor and for the Navy (if they use drugs).”

- AGC Ernest Woodruff

Seventh Fleet Drug and Alcohol Program Advisor

on the DD-214 and in cases of felony convictions, it will be registered with the state,” said Miller.

The condition of discharge is noted on separation papers and when a service

member returns to the civilian world, that criminal record will follow.

“Everyone joins on a voluntary basis, and we all join with goals. The time and effort a person invested in the Navy will be a total waste of time for both the Sailor and for the Navy,” said Chief Aerographer’s Mate Ernest Woodruff, the U.S. Seventh Fleet command drug and alcohol program advisor.

“I don’t think anyone joins the Navy and foresees being kicked out due to the use of illegal drugs,” added Woodruff. “It will become a permanent – and negative – part of their record.”

In fact, according to the Department of Veterans Affairs Web site, “applications involving other than honorable discharges will usually require further development by VA. This is necessary to determine if the service was

*Please see **DRUGS**, Pg. 4*

Guardian conducts multinational joint, combined training



USS Guardian (MCM 5) is currently deployed in the Western Pacific. (Released by CFAS Public Affairs)

USS Guardian Public Affairs

USS Guardian (MCM 5) is currently deployed, conducting joint and combined training exercises with armed forces throughout the Western Pacific. The forward-deployed mine countermeasures ship originally set sail Apr. 16 from Sasebo, en route to Sattahip, Thailand, to conduct a multinational mine warfare exercise with the Royal Thai Navy. “In today’s environment, where every conflict will be fought with a coalition of forces from many nations, it is imperative

that we train and interact with our potential partners,” said Guardian Commanding Officer Lt. Cmdr. Delbert Yordy. Guardian conducted exercises and multi-ship training evolutions with USS Safeguard (ARS 50), a forward-deployed rescue and salvage ship operating out of Sasebo, and embarked personnel from Explosive Ordnance Disposal Mobile Unit (EODMU) 51, forward-deployed to Sasebo throughout the transit to Thailand. The multiship training evolutions included an Astern Refueling and Connected Replenishment (CONREP)

with one of the Military Sealift Command’s Fleet Replenishment Oilers, USNS Yukon (T-AO 202). Though all U.S. Navy minesweepers are outfitted with the equipment to perform a CONREP, it is an extremely rare occurrence. Replenishment ships are typically three to five times the size of U.S. Navy minesweepers, which requires top-notch ship handling by both vessels to complete the evolution. Yukon’s Master cited the Guardian crew as “an extremely professional crew, with exceptional ship driving capability.” Guardian was also credited with making this rare event in the Minesweeping Navy look routine. With a brief stop in Okinawa, Japan, following the CONREP, Guardian sailed to Thailand to perform surface mine countermeasures operations in exercise Cobra Gold 2005. Cobra Gold is a biennial joint and combined exercise with armed forces from Thailand, Singapore, the Philippines and Mongolia. This year also marked the first year defense forces from Japan participated in the multinational ground, sea and air training operation. “Cobra Gold is a perfect example how we prepare to operate with other countries in support of our common goals for peace,” said Yordy. Throughout Cobra Gold, Guardian was tasked with the location and positive identification of various mine shapes using its high-powered sonar, surface mine-laying and mine recovery. Embarked

personnel from EODMU 51 recovered more than 10 mine shapes while contending with an arduous three-knot current during the multinational exercise. Guardian stayed in Thailand three days beyond the exercise and enjoyed such activities as swimming, shopping, diving and the nightlife of Pattya Beach. Some members were able to catch a traditional Thai kickboxing event as well. While in Pattya, eight Guardian crew members visited a local orphanage. The First Class International Nursery used the talents of the crew members for much-needed projects, from landscaping and painting to the electrical re-wiring. “It’s always a pleasure to give something back to people that are a bit less fortunate,” said Information Systems Technician First Class Dennis Byrd, a Guardian crew member who participated in the community relations project. “The least I can do is give them a day’s labor.” The crew used their time off to the fullest, knowing that hard work lay ahead in the transit to Singapore. Throughout the three-day trip, Guardian performed minesweeping operations, fire drills, and other various scenarios to keep their operational readiness at its peak. Guardian is a mine countermeasures ship forward deployed to Sasebo.

Give the gift of life – NBHC Sasebo hosting blood drive July 12



Hospital Corpsman Gabriel Delgado checks blood samples for any trauma or viruses in the laboratory at the Naval Branch Health Clinic (NBHC) aboard Fleet Activities Sasebo (CFAS). NBHC will be conducting a blood drive July 12 to ensure a sufficient blood supply for military personnel in the Pacific theater. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

Released by CFAS Public Affairs

Naval Branch Health Clinic is teaming up with the Armed Forces Blood Program to host a blood drive on Tuesday, July 12. It will be held at the Community and Education Center, in the second floor classrooms. Donations benefit all military personnel in the Pacific theater.

People may NOT donate blood if they have:

- Returned from Iraq/Afghanistan in the past 12 months
- Returned from an area north of Seoul, Korea within the past 24 months
- Donated blood in the past 56 days
- Received a tattoo, body piercing or acupuncture within the past 12 months
- Received a blood product transfusion within the past 12 months
- Lived in Europe for 6 months or longer (cumulative) from 1980-1996 or lived in the UK for 3 months or longer (cumulative) from 1980-1996
- Traveled recently to a malaria endemic area as defined by the FDA (Taking malaria prophylaxis is not a determination if the area is considered malaria endemic by the FDA. Determination can be made at the time of donation.).
- A history of hepatitis after age 11
- A history of cancer
- Ever engaged in “high risk” behavior or have had intimate contact with anyone at risk for AIDS
- An allergy to betadine, iodine, shellfish or latex
- Been pregnant in the past six weeks

Furthermore, deployments, visits, or TAD/TDY to the following countries for tsunami relief will defer members for a year after returning to a non-malarial endemic area:

- Sumatra, Indonesia
- Northwestern states and remote areas of peninsular Malaysia, and Sarawak and Sabah, Malaysia
- Maldives
- Burma, Yangon, southern coastline, including Yangoon
- Sri Lanka, all areas
- Thailand, Phang Nga province, Phuket, Phi Phi Island and Krabi

For further information, please contact the NBHC at 252-2550.

Mammography Van Coming to Sasebo

In an effort to increase the availability of mammograms to Sasebo, the mobile mammography van from U.S. Naval Hospital (USNH) Yokosuka will arrive June 27. Patients will be scheduled from June 28 - July 1. In order to have a mammogram, patients must be seen by their Primary Care Manager and receive a referral. Mammograms conducted on the van are for screening purposes only. Consequently, if you have had any abnormal mammograms in the past, presently have a breast lump, or if your screening mammogram requires further evaluation and testing, you will be referred to USNH Yokosuka.

- Please make your schedule flexible for the days following your initial visit in order to allow additional images if necessary.
- The van will be located in the parking lot of the Branch Health Clinic, Hario Annex. All patients scheduled for an appointment please check in at the front desk 10 minutes prior to your appointment time.
- Do not wear any powder or deodorant the day of your appointment, as this can affect the image quality.

Lt. j.g. Heath Alvarez

Sailors aboard USS Juneau (LPD 10) took advantage of a special program June 18 that allowed them to have fun in the sun and meet new people without any alcohol involved.

"The Right Spirit program advocates the deglamorization of alcohol," said Cryptologic Technician (Technical) Third Class (SW) Joseph Massie, who helped coordinate the event. "We're not saying not to drink, but if you do drink then please do it responsibly. However, our aim with today's party is to show people that they can have a good time without resorting to drinking."

“As you can see,” added Massie, pointing out to the beach scene, “a bunch of guys are out in the ocean having a blast playing rugby, lots of guys are meeting Japanese people and interacting with them, and everyone is having a great time – all without alcohol.”

Kingsbury has set up three pillars of the new program meant to empower Sailors to be more responsible: take part in non-alcoholic activities, bond with their peers and experience Sasebo's culture.

Attending Sailors felt the event served the mission outlined by the command master chief.

"Master Chief asked us how the command can keep its Sailors from drinking alcohol," said Machinist's Mate Third Class (SW) Joshua Padgett. "The best way we could think of was to do a beach mixer. Most guys go to bars to drink and meet people. We felt, why not come



USS Juneau (LPD 10) Sailors and students from Nagasaki Junior College of Sasebo draw their names in the sand at Shirahama Beach June 18. The event was part of Right Spirit, a non-alcoholic program launched to promote positive living. (U.S. Navy Photo by Lt. j.g. Heath Alvarez)

The event provided a good opportunity for Juneau Sailors to interact with Japanese. The Nagasaki Junior College students enjoyed the company of the Sailors.

Boatswain's Mate Third Class (SW) Hector Najera, who has been a member of the Juneau for three years, applauded the efforts he and his shipmates put forth in getting this program started.

"Today has been a great turnout and I am very proud

The beach event was the first Right Spirit event, but Massie and his supporting crew hope to host more. Massie expects an even bigger turnout next time.

"When people hear about what we did today, we expect even more people will want to turn out for future get-togethers," said Massie. "We had a lot of help from Juneau Sailors and from our command master chief, who expressed to us that this program is the right thing to do for our Sailors."

USS Juneau, part of the Forward Deployed Amphibious Ready Group operating out of Sasebo, is the Navy's only forward-deployed amphibious transport dock ship.

under other than dishonorable conditions.”

Not only can home loan benefits be forfeited, but health, naturalization, and educational benefits are also irretrievable.

"If the service member is discharged with an 'Other Than Honorable' discharge, educational benefits are forfeited. All other veterans benefits are considered eligible only if the administering agency determines that, for its purposes, the discharge was not under dishonorable conditions," said Miller

According to Woodruff, he has seen first hand how poor choices can have a lasting impact and far-reaching residual effects.

"Before I joined the Navy, a high school friend joined and entered the nuclear field. I actually visited him while he was attending school in Orlando, Fla. One of the reasons I joined the Navy was because of this visit. He had such a bright future. He was finished with the most difficult portion of his training and was getting ready to receive his first bonus, a sizeable amount of money. He was busted for using cocaine and he lost everything. Once kicked out of the Navy, he couldn't get a job.

"Sometimes the decisions we make change our lives forever," Woodruff said. "My message is: don't make a bad decision like using illegal drugs, it is not worth it."



**Town Hall
MEETING**

**On- and off-base
families are
invited to attend**

**Capt. Payne and other
Base Providers will be
there to answer your
questions**

**Main Base Chapel
June 28, 7 p.m.
Hario Chapel
June 30, 7 p.m.**



Independence Day Celebration set for July 3 at Main Base

Baby-Girl, a Beyonce Tribute, will headline the live entertainment program at the Annual Sasebo Independence Day Celebration on Sunday, July 3 along California Drive on Main Base. Baby-Girl will be sharing the main stage with the popular band Fandango, famous for performing hits from ZZ Top to Credence Clearwater Revival, complete with costumes and performers who look and act the part of these great performers of the 70s and 80s. Other Independence Day activities scheduled throughout the day include a full day of live entertainment on three different stages, various exhibits, food and beverage booths, games, ship tours, sports competition, displays, an ‘All American Buffet’ at the Harbor View Club, and much more. The fun gets underway at 11 a.m. and continues until the aerial fireworks display concludes at approximately 8:45 p.m. The annual Independence Day Festival will be open to the general public. For more information, call 252-2928.

Take the Kids to Kitty Land

No matter if you’re new to Sasebo or if you’ve been here for years, the MWR Travel & Tours Office has something good going on every week that you’ll enjoy. Let MWR do the driving while you sit back in a nice clean and comfortable bus or van and experience something unique in Japan at affordable prices. This Saturday, June 25, you can take the kids to Kitty Land, a fun amusement park geared towards children 12 and under. Kitty Land features several cartoon hero figures and other attractions in a series of colorful locations such as Harmony Village, Harmony Park, Nature Zone and Carnival Square. Cost is only \$30 for adults, \$20 for young adults 12 to 18, \$18 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

Star Wars ‘Stars’ to Appear at Showboat Theater

Moviegoers will have an opportunity to meet and greet actors Daniel Logan and Temuera Morrison from the

smash movie hit Star Wars live in person on Wednesday, June 29 at 4:30 p.m. at the Showboat Theater. The special “Star Wars Mania” event will feature free showings of Star Wars Episodes I & II. Following the two free shows, Star Wars fans can see the latest chapter in the Star Wars series, Episode III, for only \$3. For more information, call 252-3320.

Waterskiing with Sailing & Outdoor Adventure Center

Enjoy a cool day of waterskiing on Saturday, July 2 from 10 a.m. until 2 p.m. It’s a great way to enjoy fun in the sun for just \$15 per person. Let the good people at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) take you and your friends out for a fun-filled four-hour session on the water. Call 252-3500 for more information.

Mt. Fuji Beckons You

The Sailing & Outdoor Adventure Center has scheduled four Mt. Fuji trips this year, so you’d better hurry and make reservations now before they sell out. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. All trips are weekend trips, and depart on Friday at 3 p.m. and return on Sunday at 2 p.m. The four scheduled Friday departure dates are: July 8, July 22, August 12 and August 26. Sign up early to guarantee a seat on the bus. For more information call 252-3500.

Free Shirahama Beach Shuttle Bus

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through August 28, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., Noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Travel & Tours/USO Lounge Make a Move

The MWR Travel & Tours Office and the Main Base USO Lounge have moved to temporary quarters near the NEX Barber/Beauty Shop complex. The Travel & Tours Office and USO Lounge will remain at the new location throughout the summer months while renovation work is underway at the Fleet Landing site. Telephone numbers and hours of operation will remain the same for both facilities. For more information, call 252-3433.

Living In Japan
Yard sales and the Japanese

Summertime, and the living is easy. More than just a Cole Porter lyric, the hot and lazy days of summer are fast approaching. Neighborhoods throughout the United States are festooned with hand printed signs heralding garage sales, flea markets, yard sales and other variations on the theme of, “buy my junk...please!” Such individual, front-yard sales, are a concept that has yet to make the journey across the Pacific to Japan.

As Eriko Kawahara, our ICR guru, is good at keeping us apprised of, there are a plethora of bazaars and flea market-type sales cropping up in and around Sasebo but, it is a fledgling effort when compared with our American all-out belief that selling our old stuff is an inalienable right, and nothing to be ashamed of.

Shame is the biggest hurdle the Japanese have to overcome if they are to wholeheartedly buy into the staging of yard sales in their own country. Most Japanese love to visit such sales when they are traveling abroad, but the idea of emptying their own closets and affixing price stickers to their used dishes, furniture, clothes and that seldom-used treadmill in the hallway is something they aren’t comfortable doing.

The basic problem here is the old beliefs and traditional image they hold regarding such an act. If a Japanese family were to lay a blanket in front of their home and dump a heap of their belongings on it, asking that their neighbors and passing strangers rummage through it and pay for this used stuff, it would be very embarrassing to all involved. The act would convey the impression that the family selling the materials was broke and needed the 100 yen, or whatever the price, to make ends meet. For those that purchased from the sale, it would imply they couldn’t afford new items and were reduced to buying someone else’s used things. As you can see, neither of these are favorable images to portray.

Most of the venders you will see at Japanese flea markets are either younger men and women, who are trying to upgrade from last year’s trendy clothing to this year’s must-have line, or professionals, who glean much of their treasure from other people’s trash, clean it up, and sell it as ‘antiques’.

So, if you live in the Cho and are wondering why you don’t see your neighbors honor this American tradition you may want to get the ball rolling. Carpet your yard, (which can be real easy for many Japanese homes), with clothes, toys, dishware and other treasures from your closets, and see if it doesn’t start a trend. But, don’t be surprised or insulted if none of your neighbors stop by to view your wares.



Jerry Havens
Supervisory
Programs Manager
FFSC

SHOWBOAT

Telephone: 252-3822

FRIDAY, JUNE 24

6:30 p.m. (PG-13) • *Mr. & Mrs. Smith

9:30 p.m. (R) • *Kingdom of Heaven

*Premiere

SATURDAY, JUNE 25

6:30 p.m. (PG) • Madagascar

8:30 p.m. (R) • *House of Wax

11 p.m. (R) • Kingdom of Heaven

*Premiere

SUNDAY, JUNE 26

6:30 p.m. (PG-13) • The Longest Yard

9:30 p.m. (PG-13) • Mr. & Mrs. Smith

MONDAY, JUNE 27

6:30 p.m. (R) • House of Wax

TUESDAY, JUNE 28

6:30 p.m. (R) • Kingdom of Heaven

WEDNESDAY, JUNE 29

6:30 p.m. (PG-13) • Mr. & Mrs. Smith

THURSDAY, JUNE 30

6:30 p.m. (PG-13) • The Interpreter

FRIDAY, JULY 1

6:30 p.m. (PG-13) • *Batman Begins

9:30 p.m. (R) • *Unleashed

*Premiere

SATURDAY, JULY 2

6:30 p.m. (PG-13) • Batman Begins

9:30 p.m. (R) • Unleashed

SUNDAY, JULY 3

6:30 p.m. (PG-13) • Batman Begins

9:30 p.m. (PG-13) • *Monster-in-Law

*Premiere

MWR THEATERS

THE LONGEST YARD (PG-13)

Starring: Adam Sandler, Chris Rock, Burt Reynolds, James Cromwell and Walter Williamson

A former pro football quarterback Paul Crewe and former college champion and coach Nate Scarborough, are doing time in the same prison. They are asked to put together a team of inmates to take on the guards. Crewe enlists the help of Scarborough to coach the inmates to victory in a football game "fixed" to turn out quite another way.

UNLEASHED (R)

Starring: Jet Li, Morgan Freeman, Bob Hoskins, Kerry Condon and Vincent Regan

This is the story of Danny, a slave who has lived his whole life without any sort of normal human education, with the mind and personality of a young child, with only one lesson learned: how to fight. Treated like a dog by his owner/boss, Bart, which includes having to wear a collar, Danny has been raised to be a lethal fighting machine who fights in illegal gladiator-style fight clubs, where he earns lots of money for Bart as the undisputed champion. After a car accident that lands Bart in a coma, Danny meets a kind elderly blind piano tuner on the run because he knows secrets some bad guys don't want known, who uses music to teach Danny some things about the world and about being human.

MONSTER-IN-LAW (PG-13)

Starring: Jennifer Lopez, Jane Fonda, Michael Vartan, Wanda Sykes and Monet Mazur

Unlucky in love, beautiful Charlotte 'Charlie' Cantilini has finally met the man of her dreams, Dr. Kevin Fields. There's just one problem - his mother. Overbearing and controlling, not to mention volatile, Viola Fields has recently been canned from her job as a star news anchor. Fearing she will lose her son's affections as she has her career, Viola decides to break up the happy couple by becoming the world's worst mother-in-law. Helping her with her crazy schemes is Viola's long-time assistant, Ruby. The gloves come off when Charlie finally decides to fight back and it looks like Viola has finally met her match.

CINDERELLA MAN (PG-13)

Starring: Russell Crowe, Renee Zellweger, Bruce McGill and Ariel Winter

Set in New York during the Depression, this is the story of James Braddock, who takes up boxing to make money to feed his family, and ends up becoming quite famous in the process, eventually going up against champ Max Baer.

FEATURED PREMIERE

Kingdom of Heaven

(R)

Starring: Orlando Bloom, Eva Green, Liam Neeson, Brendan Gleeson & Jeremy Irons

A common man finds himself thrust into a decades-long war. A stranger in a strange land, he serves a doomed king, falls in love with an exotic and forbidden queen, and rises to knighthood. Ultimately, he must protect the people of Jerusalem from overwhelming forces while striving to keep a fragile peace.

FROM THE DIRECTOR OF GLADIATOR

KINGDOM OF HEAVEN

HARIO VILLAGE

Telephone: 252-8753

FRIDAY, JUNE 24

6:30 p.m. (PG) • Hitchhiker's Guide to the Galaxy

9 p.m. (PG-13) • Cinderella Man

SATURDAY, JUNE 25

2 p.m. (PG) • Hitchhiker's Guide to the Galaxy

6:30 p.m. (PG-13) • XXX: State of the Union

9 p.m. (PG-13) • Cinderella Man

SUNDAY, JUNE 26

2 p.m. (PG) • Hitchhiker's Guide to the Galaxy

6:30 p.m. (PG-13) • XXX: State of the Union

THURSDAY, JUNE 30

6:30 p.m. (PG-13) • Mr. & Mrs. Smith

FRIDAY, JULY 1

6:30 p.m. (PG) • Madagascar

9 p.m. (R) • Kingdom of Heaven

SATURDAY, JULY 2

2 p.m. (PG) • Hitchhiker's Guide to the Galaxy

6:30 p.m. (R) • House of Wax

9 p.m. (PG-13) • Mr. & Mrs. Smith

SUNDAY, JULY 3

2 p.m. (PG) • Madagascar

6:30 p.m. (R) • Kingdom of Heaven

ONE FREE MOVIE!

with the new MWR

CINE-PASS

ADULT

PRIME TIME

\$21

CHILD

PRIME TIME

\$14

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

ON SALE NOW!

Cine-Pass

available for purchase at:

• Showboat Theater

• Hario Theater

• Travel & Tours Office

Great Gift Giving Idea!

1. All sales are final. No refunds.

2. Later cards will not be accepted.

3. This card can be used for multiple admissions.

4. A child's CINE-PASS CANNOT be used for an adult's admission.

5. Admissions are based upon seating availability.

6. Any card purchased from unauthorized, unaffiliated or no licensed outlets will not be accepted.

7. This card has no expiration date.

8. No cashbacks, credits, vouchers, substitutions or shares are allowed in the theater.

9. No outside food or beverages allowed.

10. CINE-PASS is for use at the Showboat & Village Theater.

For more information, call 252-2900.

Sasebo Elementary Salutes Academic Achievers

Sasebo Elementary would like to announce the academic awards for school year 2004-2005. Sasebo Elementary is very proud of all our students. The Dragon’s Award is given to students who consistently improved their grades throughout the entire school year. The Scholar’s Award is for sustaining a 4.0 grade point average for the entire school year. These students have worked hard and are committed to their education.

Scholar's Award

Asia Sanders
Roshelle Salenga
Celyn Beato
Rachel Thomas
Rachel Poluhowich
Camille Cucucco
Sydney Schneider
Christine Danzi
Sophia Man
Erica Hibbler

Dragon's Award

Jerica Nimedez
Corey Peters
Austin Strickland
Sean Weyant
Stephany Caballero

Cody Colbert
Dalton Johnson
De’Andre Jones
Cara Lamont
Brittney Meskimen
Chester Nucum
Arienne Gagui
Sherlyn Nocon
Eluson Deungria
Christian Duncan
Demi Holbrook
John Keaney
Mizuki Kearney
Alexandra Quijano
Emily Cox
Christina Taylor



NAVY

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- Credit Management
- TSP Program Awareness
- Car Buying Strategies
- Home Buying Workshop
- Savings & Investment Workshop
- Kids Financial Planning Workshop
- Command Financial Specialists Training
- Individual Financial Counseling

For more information on FFSC's financial classes and services, call 252-3604/3121.

The Navy & Family Support Center

CDC, from Pg. 1

of the pay scale by completing a self-paced, mandatory module-training program provided by the CDC. While the training program usually takes one year to complete, some caregivers are able to finish the program and receive certification within 6 months and begin earning over \$10 an hour.

“One of the benefits of becoming a caregiver and completing the training program is that the employee is then qualified at any base throughout the Services, not just Navy, and can usually find a similar position at just about any other military base in the world,” Knutson said.

Even if an employee cannot complete his or her training before being transferred to another installation, they can continue their

training program at the next installation without having to start over again.

“There’s always a demand for trained caregivers no matter where you go, so anyone interested in this line of work should seriously consider getting started here in Sasebo. We have a great staff who can help new employees get started on their way to becoming qualified caregivers,” Knutson said.

Applying for a caregiver position is easy. Simply visit the MWR Personnel Office in bldg. 47 (second floor) next to the Spare Time Recreation Center and pick up an application. Their phone number is 252-3328. The Sasebo Human Resources Office, located on the first floor of the same building, also has applications for GS positions. Their phone number is 252-3661.

NEW POLICY, from Pg. 1

The new instruction clearly defines the difference between shower shoes, which are permitted only in living quarters and at recreational beaches and pools, and sandals, which can be worn on- or off-base. It also differentiates between athletic attire, which is prohibited off-base and in on-base establishments such as retail stores and clubs, and casual wear, which is permitted provided it is neat, clean and presentable. The instruction further clarifies appropriate sizes and lengths of shirts, trousers, skirts and dresses, and provides photographic examples in the accompanying slide show.

Fleet Activities Sasebo’s (CFAS) Command Master Chief, CMDCM (SS) William F. Lowmon sat on the panel that made recommendations which were implemented into the new policy.

“The purpose of the revision is to clear up gray areas and confusion,” said Lowmon. “There was a lot that needed to be re-written, and it made more sense to do a total revision. The panel’s main concerns were to come up with an enforceable instruction that met the requirement of Sailors and Status of

Forces Agreement (SOFA) personnel displaying a positive image of Americans to our host country.”

Lowmon gave examples of some of the specific changes.

“Men can now wear tank top-style shirts (except for athletic style without t-shirts), all can wear casual athletic attire as long as it’s loose-fitting,” he explained. “Active athletic-style attire is still not permitted. Shirts, dresses and shorts must be at least halfway down to the thigh in length.”

The instruction charges all officers, chief petty officers, petty officers and sponsors to set high standards for civilian clothing choices and personal appearance. It further challenges everyone to help enforce the regulations. Those in violation will be asked to correct the discrepancy on the spot, or go to a location where they can change clothes.

“It’s all about professionalism,” said Driscoll. “It is important that we present the best image of ourselves, our Navy and our country while we are here in Japan. Our civilian clothing policy is an important element of that effort.”

A copy of the instruction and the slide show can be found at <www.cnfj.navy.mil/clothing.html>.



Fleet Gym 252-3588

Hario Gym 252-8691

Reaves leaves ‘em behind at Father’s Day Splash N’ Dash

JOSN Adam R. Cole
CTF76 public affairs

While most fathers were getting ready to dine at Harbor View Club’s extensive brunch buffet June 19, several athletic dads were swimming and running as part of “Splash-N-Dash” put on by Sasebo’s Morale, Welfare and Recreation (MWR) fitness and aquatic division.

Dads, moms, and athletic Fleet Activities personnel swam 500 meters at the base pool, then immediately afterward ran a four kilometer course around the base.

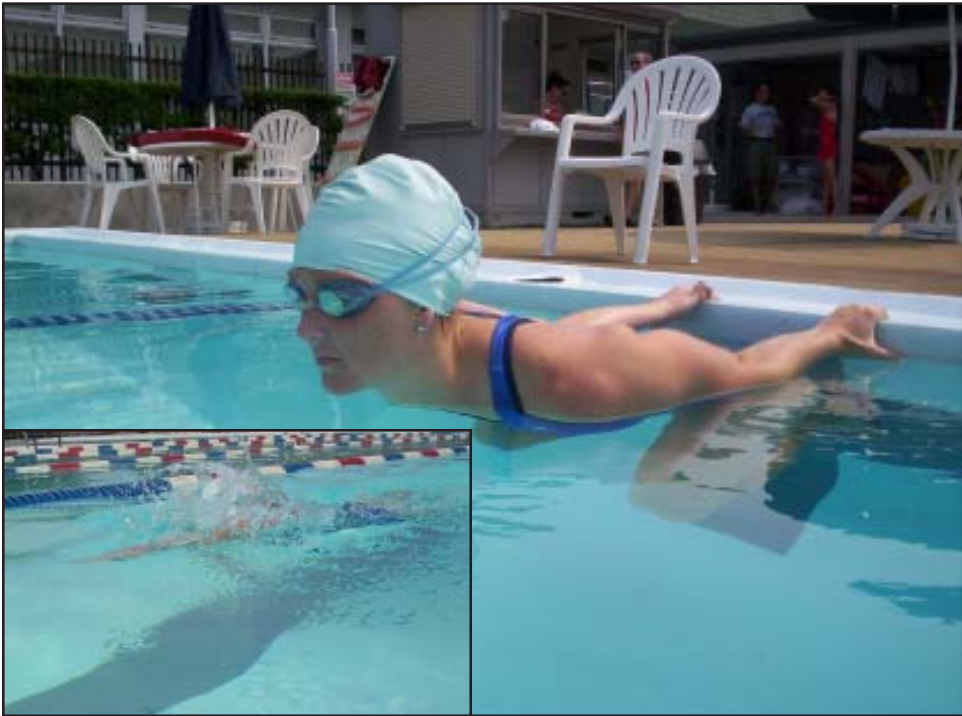
Lt. Cmdr. Mike Little, CFAS public safety officer, participated as his wife and

their four kids looked on. One, last week’s kids’ Splash-N-Dash champion, cheered on Dad and other participants.

“This beats sitting at home,” said Little. “It was nice to have the family out. I think as you get older, you desire something that brings back the kind of competition you used to have in your younger days.”

Female champion and overall champion was Yvette F. Reaves. Male victor was Adam R. Cole, Commander Task Force 76 (CTF 76).

“I love doing these competitions,” said Reaves, who was involved in a triathlon training team in San Diego before moving to Sasebo. “It’s a really good environment where everyone cheers each other on. It’s fun and family oriented.”



Yvette F. Reaves (pictured) dominated the pack June 19 at the Father’s Day Splash N’ Dash, coming out of the pool two minutes ahead of the closest competitor and blasting through the run despite a two-week old hip injury. (Official U.S. Navy Photo by JOSN Adam R. Cole)

p.m., beginning July 11. Interested participants are encouraged to sign up early because space is limited.

Another Splash-n-Dash is set for July. Culpepper said he’d like to see everyone involved in something.

“We do this to give people a chance to get out and be competitive,” he said. “We hope it helps the Navy focus more on fitness.”

Those dashing for second helpings at the buffet line might want to dash out on the next big run: a 5K at Nimitz Park on July 3.

Fitness Tip:

Improve your swimming stroke

Alec Culpepper
MWR Fitness and Aquatics Director

Swimming is an excellent total body workout that is easy on your joints but you need to learn to swim correctly to get the most out of your pool time. Try these tips to help you improve your stroke:

- 1. Keep your head in line with your spine.** If it’s too low it’ll cause drag. If it’s too high, your hips will dip.
- 2. Think of your hands and arms as paddles, holding your fingers together.**
- 3. You get more power from your stroke when your hands first hit the water.** But you can also power your pull at the point your arm and elbow make a 90-degree angle and your hand is below your belly button. Pull until your arm exits the surface.
- 4. Keep your kick small but steady.** With the freestyle stroke, if you kick high, you’ll break your line and cause drag.

Reaves was out of the pool at least two minutes before her closest competitor, Cole, and never looked back on the run. She attributes her athletic prowess to hard work.

“Nothing comes without much practice and much pain,” said Reaves. She pulled off the dominating victory despite nursing a hip injury for the past two weeks.

Fleet Activities personnel who want to step up their splash for the next Dash will have an opportunity to take classes at the Main Base pool. Pool staff will host classes Mondays and Wednesdays, from 7-8

Adult Splash N’ Dash Results - June 19, 2005

Overall First Place: Yvette Reaves - 29:13
Male First Place: Adam Cole - 31:18
Male Second Place: Kenneth Constanzo - 34:10
Male Third Place: Mike Little - 35:10

Alec Culpepper, MWR fitness and aquatic director, wants to keep pushing events like the Splash ‘N Dash in order to promote fitness on base, he said.

Spring Softball Standings As of June 20

Total Force	25	1	.962
Fire Dreams	15	2	.882
Crush	15	6	.714
Fort McHenry	12	5	.706
Guardian	4	2	.667
Dragons	16	8	.667
Squirrels	13	11	.542
Patriot	10	12	.455
Iron Gators	5	7	.417
Harpers Ferry	10	14	.417
Bonecrushers	9	14	.391
Shooters	6	10	.375
Educators	3	10	.231
Security	4	15	.211
Young Gunz	2	11	.154
Snipes	2	12	.143
The Ligers	0	5	.000
Surf Riders	0	4	.000

Upcoming Sports

Pool Hours
Lap Swim: Mon.-Fri., 6 - 8 a.m., 11a.m. - 12:30 p.m.
Open Swim: Mon.-Fri. 4 p.m. - 6 p.m.
Weekends and Holidays: 11 a.m. - 6 p.m.

4th of July Golf Tournament
Takeo-Ureshino Country Club
Singles handicap by flight
FMI or to sign up call 252-3588

Freedom 5K
Sunday, July 3, 8:30 a.m.
Nimitz

Fit 4 Fuji is through July 3!
Prepare to climb Mt Fuji, this summer.
Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers.
For more information, call the Fleet Fitness center at 252-3500.

Spring Soccer Standings

1	Fire	5	0
2	Iron Gators	3	1
3	Strikers	1	1
4	Fort McHenry	1	1
5	Juneau	2	4
6	Patriot	1	4